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SOS
610 N. Silver St
Silver City, NM 88061
575-956-6131
575-956-6947
Sanders, Crystal
ID: 46 DOB: 1/22/1978
Case Management Note (SOS)

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Set Date/Time
7/30/2023
3:12 AM

Service Location
Audit Log
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Presenting Problem:
She continues to experience symptoms of anxiety.
Substance use symptoms continue.

Social Support Changes:
No changes in Crystal's family or social support network have occurred.

Recent History: Client is impaired in the functional domain(s) of:
Independent living
working
recreation
limited mobility
Substance use in combination with limited mobility make fulfilling the functional domains challenging.
predisposition to alcohol and substance abuse
Client has experienced domestic abuse
Client shows symptoms of PTSD

THERAPEUTIC INTERVENTION: The patient was given emotional support. Therapeutic efforts also included encouragement to ventilate feelings. Client spoke of prior addictions to prescription opioids and of withdrawal from said substances. Client spoke with staff about escaping domestic abuse. Client spoke of the PTSD that she feels she suffers now from that abuse. Client spoke about her worry for her friends who are in active addiction. Client spoke at length about her family.

Building self-esteem was today discussed. Positive affirmations were used to remind the client of her strengths and positive attributes. Reflective statements were used to show the client that they were actively listened to. Client was encouraged to remain focused on obtaining sobriety.

Assessment: Client was positive in her attitude. Client was ambulatory though it was strained. Client was casual in dress. Client was insightful and had fair judgment as she spoke. Her volume was normal and rate and her affect and associations were intact.

Plan: Continue to accommodate client to the best of shelter abilities and continue to prompt client to continue participating in programming plans now being implemented by shelter staff.

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